



CONNECT WITH APPLE HEALTH

By connecting the Vitality Today app to Apple's Health app and confirming that you would like to share your data, you can earn Vitality Points for Light, Standard and Advanced Workouts. You can share steps measured by your iPhone or Apple Watch, active calories from Apple Watch and workouts that meet the heart rate criteria.*

- 1** Download and open the Vitality Today mobile app
Already have the Vitality Today app? Make sure you have the most recent version to start sharing data!
- 2** Tap on the "More" menu
- 3** Tap "Connect to the Health app"
- 4** Allow Vitality Today access to your Health app information. If you are using Apple Watch, be sure to allow Vitality Today to read steps, weight, calories, and heart rate.
Only steps recorded in the past 30 days will be transferred to Vitality Today.
- 5** View your current data and workout or active calorie thresholds on the "Health app" page of the Vitality Today app.

Each time you open the Vitality Today app, Vitality will pull up to seven days' worth of data from your Android device. Log into the app frequently to sync your activity!

**Light Workout (5 Vitality Points): 15 minutes at 60% maximum heart rate; Standard Workout (10 Vitality Points): 30 minutes at 60% maximum heart rate; Advanced Workout (15 Vitality Points): 45 minutes at 60% maximum heart rate*

STILL HAVE QUESTIONS?

On PowerofVitality.com navigate to [Resources > Guide to Vitality > Linking to Vitality > Fitness Devices > Apple's Health app and Apple Watch](#)